

# Community Healing and Wellness Strategies

March 10 -12, 2020  
Miami, Florida

*“Celebrating 20 years of Wellness and Healing in Native Country”*



Training provided by the Native Wellness Institute  
[www.NativeWellness.com](http://www.NativeWellness.com)

*The Native Wellness Institute exists to promote the well-being of  
Native people through programs and trainings that embrace  
the teachings and traditions of our ancestors.*

# Meet the Trainer



## **Robert Johnston (Muskogee Creek/Choctaw)**

“When you hold back, you stand behind the mountain. When you step up, you stand on top of it!”

Robert is a founding member of the Native Wellness Institute and a popular Native American speaker and coach who has served Indian Country for over 15 years. He uses humor, storytelling, and music in his highly interactive presentations. As a leadership trainer for youth, Robert has served many organizations including White Bison, United National Indian Tribal Youth (UNITY), National Congress of American Indian (NCAI), and the Native Wellness Institute. He is a certified hypnotist and has studied Sports Motivation. Robert’s hypnosis shows have delighted Native communities all over the United States and Canada.

# Agenda

March 10, 2020

8:00 am	Registration (any time between 8:00 am and 9:00 am)
9:00 am	Opening Ceremony Welcome Land Acknowledgement Blessing Introductions Why We're Here
9:30 am	"Embracing the Teachings of Our Ancestors"
10:30 am	Break
10:45 am	Building Team and Trust Clan Development
Noon	Lunch (on your own)
1:30 pm	Overview: Historical and Intergenerational Trauma
3:00 pm	Break
3:15 pm	Healing is the Answer to Trauma
4:30 pm	Closing
5:00 pm	Adjourn

# Agenda

March 11, 2020

9:00 am	Opening Ceremony Welcome Blessing Review Check-in
9:30 am	Building Team and Trust
10:00 am	How Does Trauma Play Out in Your Community
10:30 am	Break
10:45 am	Being Trauma and Healing Informed
Noon	Lunch (on your own)
1:30 pm	Culture Based Programs
2:30 pm	Field Trip to Miccosukee Tribal Headquarters/Everglades
6:00 pm	Return to Hotel

# Agenda

March 12, 2020

9:00 am	Opening Ceremony Welcome Blessing Review Check-in
9:30 am	Engaging Leadership in Community Wellness and Healing
10:00 am	Understanding and Tools for Navigating Lateral Oppression
10:30 am	Break
10:45 am	Collective Healing
Noon	Lunch (on your own)
1:30 pm	Integrating Wellness and Healing Into the Community
3:00 pm	Break
3:15 pm	Healing the Healer/Self-Care
4:30 pm	Closing Ceremony
5:00 pm	Adjourn